Hear nutritionists *roar* over pop stars hawking junk food and soda to teens
metroLIFE

LIVE 88·5FM
NOW IT'S CLEAR
90,000 WATTS

Ottawa metro

Your essential daily news | TUESDAY, JUNE 7, 2016

NOT COOL

Canadians priced out of fresh produce

metroNEWS

High 20°C /Low 10°C Cloudy

'A daunting prospect'

Ontario will provide free drugs for patients seeking assisted suicide. But the federal Liberals say provincial laws aren't enough to protect physicians

metroNEWS

Shark shooter in hot water

SOCIAL MEDIA

Coun. Jody Mitic on the defensive over 'hardcore' tweet

Joe Lofaro
Metro | Ottawa

Former sniper-turned-Ottawa-councillor Jody Mitic was on the defence over the weekend after a photo he tweeted of a shark he shot in the face sparked some biting criticism on social media.

The Innes Ward councillor deleted the tweet on Sunday, which showed him posing next to a shark hoisted upside down on a dock near the Jersey Shore. "367 lbs of dinosaur! I shot it in the face to finish it off. #operation-restorewarrior," Mitic tweeted alongside the photo.

Mitic was at the 3rd Annual Charity Shark Tournament to raise money for Operation Restored Warrior, which offers healing support for primarily U.S. veterans suffering from PTSD, and who are suicidal. Mitic said his team came in second place.

After some negative comments on social media he reposted it later that day with a toned-down description and a #sorrybro hashtag.

"The wording may have been a little more hardcore than some were ready for. My main reason for deleting it was because others were starting to get nasty with each other," he told Metro.

He said the shark was not endangered and the population in those waters is controlled.

But it's not the first time one of his tweets has landed him in hot water. In March, he was criticized for tweeting a photo of a his and hers handgun purchase two days after a fatal shooting.

When asked if he thinks his social media etiquette makes him an easier target for critics than other councillors, he said he didn't know. "I try not to quantify it because one thing I don't ever want to do is fake who I am."

"I do recognize that perhaps my language could have been a little less aggressive. I will probably be adjusting things a little bit based on that, but (I would) never not share something if I felt it was worth sharing."

SUMMER SALE IS ON NOW!
FABULOUS FASHION UP TO 60% OFF!*
Ladies t-shirts from $3 and skirts from $7. Men's t-shirts from $7 and polos from $10. Kids tops from $7. And much more!
*OFFER APPLIES TO SELECTED MERCHANDISE FOR A LIMITED TIME AT H&M STORES IN CANADA. THE OFFER IS NOT VALID IN CONJUNCTION WITH ANY OTHER OFFER OR PREVIOUSLY PURCHASED MERCHANDISE. ITEM SHOWN IS NOT INCLUDED IN THE OFFER. AVAILABILITY MAY VARY BY STORE. VISIT WWW.HM.COM FOR STORE LOCATIONS. TERMS AND CONDITIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE.
H&M

metro NEWS

Your essential daily news

No charges for the parents of a toddler who fell into the Cincinnati Zoo gorilla enclosure. **World**

Policing plan moves forward

ONTARIO

Minister will overhaul Police Services Act, cut costs

It's considered by many to be one of the biggest flaws in Ontario's policing rule book: the fact that the Police Services Act is not explicit about where a police board's power ends and the chief's begins.

That lack of clarity is a problem Yasir Naqvi, minister of community safety and correctional services, assures will be addressed as his ministry undertakes the colossal task of rewriting the fundamental laws of policing and civilian oversight in Ontario.

Naqvi and his ministry are ripping up parts of the old legislation and writing new pages — and entering a thorny political arena.

There are plenty of reasons why it is necessary. For one thing, it's high time.

"We know we live in the 21st century and the expectations are much different than 25 years ago, when the law was written," Naqvi said.

The act dates to 1990, before widespread use of the Internet, smartphones, Twitter and YouTube, all of which are frequently used today to commit crimes, to connect officers with the public, and to hold police accountable.

Just as important are the shifting demands on police across North America — officers now are increasingly called upon to deal with people suffering mental health crises, for example — that stray from traditional conceptions.

Then there is the problem of declining public trust, something Naqvi acknowledged needs work. In the wake of the high-profile Toronto police shooting death of Andrew Loku, and the decision by the province's Special Investigations Unit (SIU) not to charge the unnamed officer who shot him, a growing chorus of voices called for more information about the watchdog's investigation into that case and others.

A sit-down interview with Minister of Community Safety and Correctional Services Yasir Naqvi, June 2, 2016. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

In response, the Ministry of the Attorney General launched a review by Justice Michael Tulloch into how police oversight is conducted in Ontario.

Naqvi said he will work collaboratively with Tulloch to ensure necessary changes are made to the Police Services Act — which governs the SIU.

Among the central aims of the legal overhaul, Naqvi said, is the gargantuan task of changing how policing is delivered — making changes that he believes will ultimately restrain ballooning costs.

The model he is championing, most commonly known as the Hub system, involves bringing together a web of agencies including police, social workers, educators, anti-poverty groups, public health workers and others to tackle crime — before it occurs.

"That's where I see, in concrete terms, we need to go," Naqvi said. "We need to create a legislative framework under the Police Services Act where we compel and incentivize police and municipalities and other service providers to come together, work together."

Projects testing the method have already been launched in Ontario, including in Toronto's Rexdale neighbourhood. The longest running, in North Bay, has shown that in the majority of the cases where someone was at risk of committing a crime, it could be dealt with by an agency other than the police.

"They were able to triage it, they were able to pass it on to a community service provider, and they were able to do that in a collaborative fashion," Naqvi said.

The minister insists that shifting policing to a proactive, rather than reactive, model will reduce costs.

His ministry expects to table revised legislation before the end of the year. TORSTAR NEWS SERVICE

TIMELINE | Controversial cases surrounding the Police Services Act

May 4, 2015 There's some confusion after former Toronto Police Chief Bill Blair says a new carding policy is illegal. Blair was referring to a specific section of the act. A retired judge says Toronto's board wrongly interpreted the act.

July 5, 2015 Andrew Loku, 45, is carrying a hammer when he's fatally shot by an unnamed Toronto police officer.

Sept. 25, 2015 Peel Chief Jennifer Evans refuses a police board recommendation to suspend the controversial carding practice.

March 18, 2016 The SIU announces it will not lay charges against the police officer in the shooting of Loku, ruling that the action was justified to prevent a hammer attack.

April 27, 2016 As reported by Postmedia, two Ottawa police officers are acquitted of neglect of duty. It was alleged they did not put a camera and cellphone into an evidence locker.

April 29, 2016 Ontario announces that an appeal court judge will lead an independent review of the provinces' three police oversight agencies.

May 19, 2016 The Toronto police board announces it will partly publicize a report into the fatal shooting of Andrew Loku by June 17.

May 26, 2016 Metro learns that Ottawa police officers who were found to have "gratuitously" inflicted pain on people they arrested have not faced any charges under the Police Services Act.

WITH FILES FROM JOE LOFARO AND TORSTAR NEWS SERVICE

Management Certificate for Women (MCW)

A unique professional part-time program designed for women by women to increase leadership skills and build a sound understanding of all functional areas of business.

www.sprott.carleton.ca/mcw 613-520-2650

Carleton UNIVERSITY | Centre for Research and Education on Women and Work

SPROTT SCHOOL OF BUSINESS

EMPLOYMENT

Work has changed, so should rules, say lobbyists

Haley Ritchie
Metro | Ottawa

The number of part-time contracts you juggle amount to full-time hours — but with zero benefits or pensions. Sound familiar?

A new workers' advocacy group is urging the government to adopt new programs that are more in line with today's modern-day employees.

"Our tag line is: Work is changing, let's make it work for us," said Andrew Cash, who co-founded the Urban Workers Project. The organization will launch a new chapter in Ottawa on Tuesday.

The hallmarks that once defined a "good job" — permanent status, benefits, a pension and stability — are drying up, creating new struggles for workers in major cities.

Cash acknowledged that while many people enjoy job flexibility, others are struggling to balance multiple part-time gigs with no guarantee of benefits or parental leave.

Around 13 per cent of Canadian residents are temporary workers who have seasonal, contract or casual jobs, according to Statistics Canada. In the past decade the amount of temporary jobs have grown 17 per cent, while permanent jobs have grown 11 per cent.

The goal of the Urban Worker Project is part community-building (getting people talking and thinking about modern work) and part lobbying, to make sure the issue of precarious work arrangements is on the radar for politicians.

Their first campaign is called "Fairness for contract workers" and asks the government to broaden employment legislation that would help contract and freelance employees access employment insurance and benefits.

"In every city there's a different dynamic," said Cash, who added that the organization is currently active in Toronto and soon launching in Vancouver.

"In Ottawa we have a lot of public sector workers but there's also a real squeeze to off-load permanent full-time positions on contract employment," he said. "There's also a vibrant arts and culture scene in Ottawa, which is largely made up of contract workers."

Cash, a former NDP MP, believes it's important to talk about protecting existing pensions and jobs. Still, there are plenty of people who don't feel that conversation is relevant to them.

Move on development: MP

CIVIC CAMPUS

Pierre Poilievre says feds being 'spiteful,' need to start project

Joe Lofaro
Metro | Ottawa

Carleton MP Pierre Poilievre is ramping up his criticism of the decision to reconsider moving the Civic campus to the Experimental Farm by accusing the Liberal government of delaying construction "out of spite against John Baird."

The Conservative MP is urging Ottawa residents to sign a petition to ask the Liberals to stop the delay in developing the new, 60-acre facility across the street from its existing location on Carling Avenue.

Former Conservative MP John Baird announced the original plan back in 2014 following a review of possible locations, but since then the new Liberal government asked the hospital to consider other spots after a public outcry raised questions about the environmental impact of developing on research fields on the Experimental Farm.

Earlier this month, Heritage Minister Mélanie Joly asked the National Capital Commission to consider all federal land in the national capital region, rather than the four top locations (three of which are on the Experimental Farm and one at Tunney's Pasture), according to a report by CBC News.

> **A hospital is more important than six per cent of the Experimental Farm.**
> Pierre Poilievre

Poilievre, the only Conservative MP in the Ottawa area, is accusing the Liberals of politicizing the delay and is sponsoring a government e-petition created by one of his constituents in Kars, Laura Tuppers.

In an interview Monday, he argued the Liberal government was being "spiteful" by reversing the decision of the Conservatives.

"The only rationale that I've heard from them on their decision to slam on the breaks is that the decision was made by the previous government. So they were trying to make the former minister for the National Capital Region look bad. I don't know what else would motivate a decision like this," he said.

The previous Conservative government knew about objections to the development of agricultural land for the new Civic campus when it approved the review in 2014, Poilievre said.

"It doesn't matter where you choose to build a 60-acre building, someone is going to object. That's life. When you're an elected official, you have to make decisions," he said.

"A hospital is more important than six per cent of the Experimental Farm."

The NCC is expected to present a new plan at its next board meeting on June 28.

MP Pierre Poilievre.
CANADIAN PRESS

STAND ON GUARD
NATIONAL SOCCER TEAM PROS PLAY ON THE HILL

Canadian women's national soccer team members Desiree Scott, left, and Sophie Schmidt play with a soccer ball on the grass of Parliament Hill on Monday.

ADRIAN WYLD/ THE CANADIAN PRESS

IN BRIEF

Don't widen highway: Lobby
Residents are speaking out against widening Highway 417. A petition marched by resident Mark Scrivens on change.org had 166 signatures Monday. Last month, Energy minister Bob Chiarelli said the highway would be widened one lane in each direction from Carling and Maitland avenues by 2020.

Scrivens said the widening "will hurt neighbourhoods in the heart of Ottawa by adding pollution, noise, and increased pressure.

EMMA JACKSON/METRO

Farmers market gets crafty
The Chinatown Craft Market is launching a new weekly flea and farmers market beside the Shanghai restaurant Saturdays from 11 a.m. to 2 p.m., said organizer Don Kwan. The market will also offer live art, entertainment and activities.

"We're going to try and keep it fresh," Kwan said.

Kwan said the farmers' market is especially important for locals, who can't easily access the Lansdowne or Parkdale markets.

EMMA JACKSON/METRO

RESIGNATION

MPP to make way for gender parity

Ontario's minister of municipal affairs and housing says he will resign his cabinet post to help the premier achieve gender parity.

Ted McMeekin wrote in a Facebook post Monday that he will continue to serve as minister until Premier Kathleen Wynne names a replacement.

Speculation about a pending cabinet shuffle is rampant at the Ontario legislature, and Wynne has said that in a "hypothetical" one, she would like to have an equal number of men and women in her cabinet.

The Hamilton-area member of provincial parliament wrote that he is a feminist who, thinking of his three daughters and his wife, has often "dreamed of a day" when the question of gender parity wouldn't even arise.

TORSTAR NEWS SERVICE

"Sometimes the best way for a man to advance the equality of women may be to step back and make room at the table," wrote McMeekin.

McMeekin wrote that when a new cabinet is named, he'll return to serving his constituents of Ancaster-Dundas-Flamborough-Westdale, but his post does not say whether he'll run again in 2018.

He was elected to the legislature in 2000. He has also served as minister of government and consumer services, minister of agriculture, food and rural affairs, and minister of community and social services.

Prior to his move to provincial politics, McMeekin was a Hamilton city councillor and mayor of the town of Flamborough. THE CANADIAN PRESS

Kids honoured for 911 calls

HEROES

Children awarded for bravery at city hall ceremony

Emma Jackson
Metro | Ottawa

Eleven-year-old Bionca Ronchi and her mom like to try new foods.

But last November, their adventurous hobby lead to a trip to the hospital — and, this week, recognition for Bionca's quick thinking.

Several hours after cooking steelhead fish for dinner, Bionca heard her mother getting sick in the bathroom.

She found her mother on the floor, completely numb and not making much sense. Bionca called an ambulance.

"I wasn't panicking on the call because I wanted to be calm and clear, but when the call ended and they were at the door that's when I started panicking," Bionca recalled.

She was one of seven kids recognized for keeping a cool head and calling 911 at a city hall ceremony on Tuesday.

Bionca Ronchi called 911 when her mom, Alisa Ronchi, had a severe reaction to fish. EMMA JACKSON/METRO

The circumstances varied — some called after their mothers fainted, another noticed a fire in her compost bin — but the result was the same: they saved a life, Mayor Jim Watson said.

"You are heroes in the eyes of all of us at city hall, but certainly throughout all of the city of Ottawa," Watson said.

The youngest recipient, Aden Ibrahim, was only six when his mother fell ill and couldn't get to the phone.

She instructed him to call 911 and he answered the paramedics' questions until they arrived at the house.

Dispatcher Stephanie Backs said kids are actually some of their best callers, because they're attentive listeners and often don't have enough context to panic.

"A lot of times they don't grasp the severity of the situation, so it makes for a calmer caller," Backs said.

Abigail Korenko, who discovered her father in the midst of a stroke, said she now knows she's capable in an emergency.

"You can do this, too," she said. "You don't have to rely on an adult."

+ RECIPIENTS

— Zakaria Kouki, who called an ambulance when his mother fainted
— Aden Ibrahim, for calling 911 to help his sick mother
— Alyssia Ieradi, who called the fire department when she discovered a fire in her kitchen
— Abigail Korenko, who found her father having a stroke
— Rachelle Lafontant, who called an ambulance when her mother passed out
— Bionca Ronchi, who called 911 to help her ill mother
— Justin Upson, who found his mother having a seizure in the kitchen.

DAYCARE CLOSURE

Petition gaining traction

Haley Ritchie
Metro | Ottawa

An Ottawa daycare facing closure after a government rent increase is trying to take its case to the House of Commons with an online petition. The petition to save Garderie Tunney's Daycare was launched on the House of Commons website on June 1. It already has 459 signatures and is being sponsored by Quebec NDP MP Christine Moore.

"It's another way to get the government to act," said Olivier Marois, president of the daycare's board of directors.

The petition is asking the federal government to back down on a rent increase that would see the non-profit go from paying the government $82,000 in yearly rent to $150,000 by the end of the summer. If the petition manages to get over 500 signatures before September, it could be presented to the House of Commons, but Marois said he's concerned that Parliament won't be sitting over the summer and time is running out.

Pay with debit. Earn cash.
It's that simple.

Earn up to
$600
cash back in the first year.

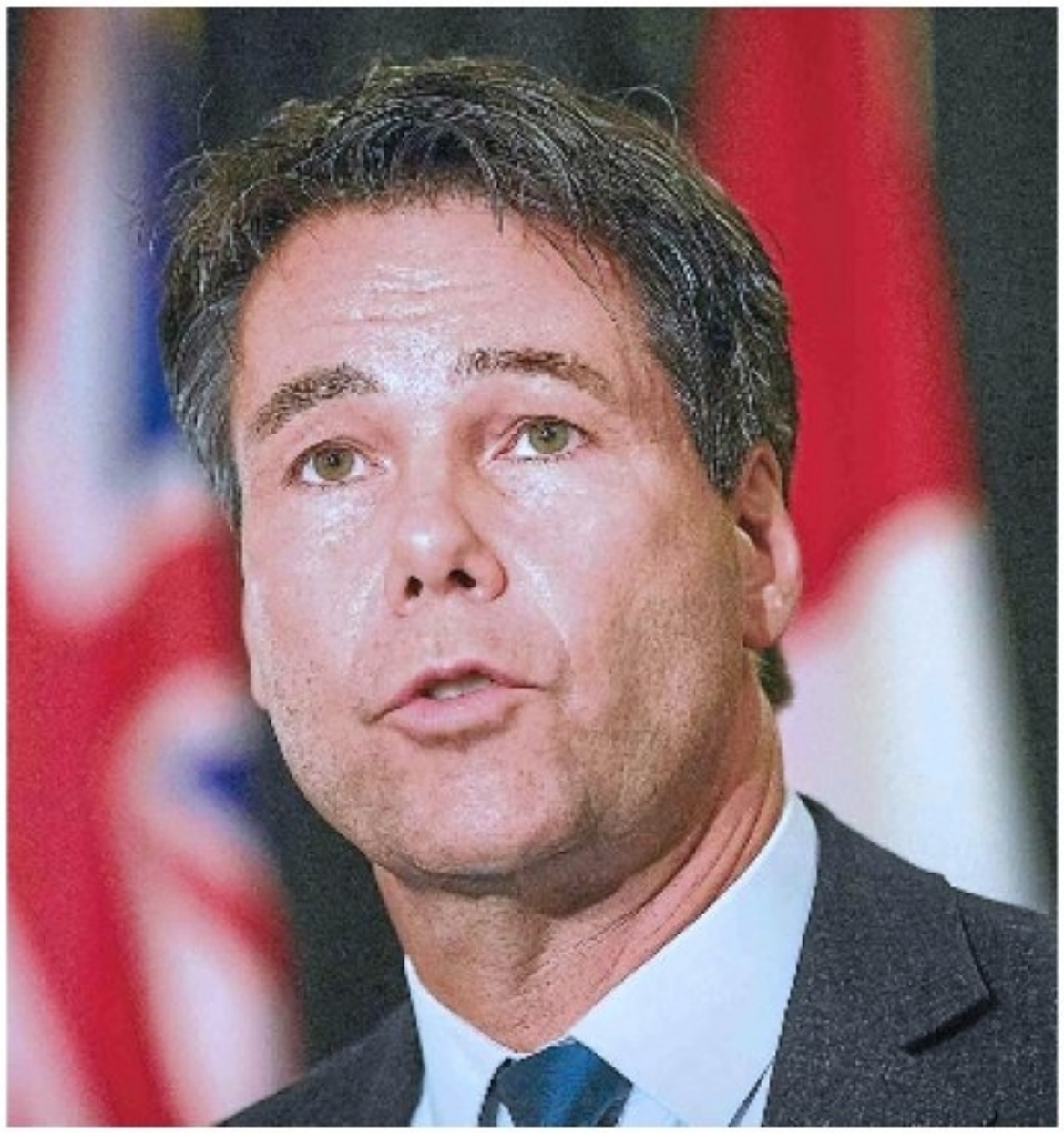
Get the only cash back debit card in Canada.

Open a new Scotiabank Momentum Chequing Account and earn double the cash back on all of your debit purchases until July 31, 2016 – up to $600 in the first year.

www.scotiabank.com/momentumchequing

You're richer than you think: Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. ™ Trademark of The Bank of Nova Scotia. †*Interac* and *Interac* Flash are trademarks of Interac Inc. used under license. The standard cash back is 1% on all debit purchases, subject to the account terms. In order to qualify for the additional 1% cash back bonus ("Bonus"), you must open a Scotiabank Momentum Chequing Account (an "Eligible Account") between March 21, 2016 and June 30, 2016. Employees of Scotiabank and individuals who are/ were previously holders or joint holders of an Eligible Account, *Scotia*® Moneyback™ Account, *Scotia One*™ Account, Basic Banking Account, Basic Banking Plan, or Scotia Value® Account, are not eligible. Maximum one offer per customer. After July 31, 2016, only the standard cash back of 1% will apply to a maximum of $300 in 2016. The Bonus cannot exceed $300. To receive any cash back, the new Eligible Account must remain open and in good standing throughout November 2016 which means that it has not been in continuous overdraft with or without Overdraft Protection for a period of three consecutive months. This offer cannot be duplicated or combined with any other offer. Scotiabank may withdraw or change this offer at any time without notice.



Health Minister Eric Hoskins made the announcement Monday now that the practice is legal under a Supreme Court ruling. DARRYL DYCK/THE CANADIAN PRESS

Assisted death free in province

MEDICINE

Ontario to cover cost of drugs as legal deadline passes

Drugs required for citizens seeking medical assistance in dying will be provided at no cost in Ontario now that physician-assisted death is legal under a Supreme Court ruling, Health Minister Eric Hoskins says.

The announcement came Monday as the provinces await federal legislation to establish a national framework now that the court-ordered deadline for a nationwide law has passed.

Premier Kathleen Wynne said "people will have to work through their doctors" if they are seeking to end their lives to avoid unnecessary suffering under eligibility criteria set out by the Supreme Court.

More than a year ago, the court struck down the ban on assisted dying as a violation of the Charter of Rights and Freedoms — specifically the right to life, liberty and security of the person.

It set Monday as the deadline for the federal government to have legislation in place governing the practice.

To qualify for physician-assisted death, citizens must have "grievous and irremediable" health conditions that cause intolerable suffering on an enduring basis, the court ruled.

The federal government bill restricts that to competent adults over the age of 18 with a terminal or incurable illness whose death is "reasonably foreseeable."

Hoskins and Attorney General Madeleine Meilleur issued a statement advising doctors and other health-care providers who are approached to help a patient die to consult their regulatory college for guidelines in providing "appropriate medical assistance."

The province will also establish a referral service so that physicians who do not wish to help patients die are able to connect them with doctors who are willing to help.

That service will make sure patients get "an effective referral for consultation and assessment for possible medical assistance in dying," the statement said.

While not required by the ruling that struck down the ban on assisted dying, the province urged patients and doctors seeking medical assistance in dying to apply to the Ontario Superior Court of Justice for "clarity" on how the circumstances of their cases comply with the Supreme Court criteria.

TORSTAR NEWS SERVICE

BILL C-14

Federal legislation on assisted dying is not yet in place, and is currently before the Senate for further consideration.

PATIENT CARE

Philpott warns Bill C-14 rules too unclear for doctors

Health Minister Jane Philpott says provincial guidelines do not provide enough clarity and protection to physicians who may be asked to help their patients die, suggesting people will have trouble finding a doctor to assist them.

"Doctors may have inadequate protection and I expect in these early days, many physicians will be extremely reluctant to provide assistance to patients wanting medical assistance in dying," Philpott told a roomful of health-care professionals in a speech to the National Health Leadership Conference on Monday.

"That means that, effective tomorrow, you may be asked to do something that has never been expected of you before — to help people end their lives. It's a daunting prospect."

Medical regulators in every province have already issued guidelines for physicians on providing assistance in dying, based on the eligibility criteria outlined by the court.

Those rules impose safeguards similar to — and in some cases, even stronger than — those proposed in the government bill, C-14.

But Philpott said those guidelines are not enough.

> **I believe that regulatory guidance alone is insufficient.**
> Jane Philpott

The minister reminded the audience that doctor-assisted dying would become legal effective at midnight Monday, her office said — after the federal government missed a Monday deadline set by the Supreme Court for enacting a law in response to its ruling on physician-assisted death.

"Unfortunately, despite tremendous effort, this bill is not yet in place," said Philpott.

"While I have faith in Canada's health-care providers to carry out these responsibilities responsibly and ethically, I believe that regulatory guidance alone is insufficient, given the nature of what you will be asked to do," Philpott said.

And those guidelines do not apply to everyone, Philpott said.

"Nurses, pharmacists and others who assist doctors will not have the guidance or protection they need," she said.

She also noted the guidelines vary from province to province.

"We will have a patchwork approach to protection of the vulnerable, as safeguards vary across the country," she said.

"We will lack standard criteria for who is eligible," she said.

Philpott reminded the room that she, too, is a doctor and has experience helping patients deal with end-of-life issues.

"Like many of you, I have spent many hours with people who are suffering. Like many of you, I have watched people die. Some of those deaths, I will never forget," said Philpott, who also devoted a significant portion of her speech to the need for better palliative care.

She later declined to tell reporters what her advice would be to fellow doctors on whether to proceed with physician-assisted dying without legislation in place. She said they should contact their professional associations for advice. She urged the doctors to continue voicing their support for C-14, which is now in the Senate.

Health Minister Jane Philpott at the HealthCareCAN and the Canadian College of Health Leaders' National Health Leadership Conference Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Senators are expected to hear today from renowned constitutional expert Peter Hogg, who will say C-14 does not comply with the Supreme Court ruling because it restricts access to people who are already near death.

Philpott told reporters the bill is constitutional.

"We firmly support the fact that this piece of legislation is compliant to the Charter of Rights and Freedoms of Canada, that it responds in an appropriate and responsible way to the Carter decision and there has been no shortage of consultation with experts," she said. THE CANADIAN PRESS

Future of horse club unclear

Return to FORT MAC

Over 100 horses scattered after stables burn to the ground

Alex Boyd
Metro | Edmonton

The horses of Fort McMurray's Clearwater Horse Club faced an evacuation almost as chaotic as their owners'.

As fire raged, dozens were moved to new facilities, or rushed onto trailers for the trek south. When fire cut off that escape route, only one choice remained: Open the gates.

"(The remaining horses) knew it wasn't safe and they had to leave," said Charity Wiley, the club's public relations director.

And leave they did, forming a small herd and moving north through the forest.

"It reminds you that as domesticated as these animals are, they're descended from wild horses, and they still have a little survival skill in them," she said.

Now they've all been lured back by food, and Wiley said they're all safe.

But no one knows when they'll be able to go home.

Over half of the stables at Fort McMurray's Clearwater horse club burned down. CONTRIBUTED

> **It's not safe for people, it's not safe for animals.**
> Charity Wiley

Over half of the Club's 40 or so stables have burnt to the ground, and the paddocks are a misty white from the chemical compound sprayed all over town to keep the ash down. But while you can warn humans to stay away from potential toxins, the message is lost on horses.

"We're now sourcing professional cleanup, because if it's not safe for people, it's not safe for animals."

Part the attraction of living in Fort McMurray is a lifestyle close to the outdoors, and for many, that includes horses. At Clearwater, the only public horse facility in town, the waiting list was as long as five years.

Now, their 100 equine tenants, ranging from pleasure horses to competition animals for sports like jumping or Western reining, are scattered across three provinces.

When it comes to rebuilding, their member-based model is working against them.

The destroyed equipment owned by Clearwater directly — including a gazebo, a Bobcat and arena groomer — will be replaced by insurance, but most of the paddocks, buildings and stocks of feed like hay were owned by members, and were difficult to insure, Wiley said.

"We're on a forestry lease and a municipal lease," she said. "It would be kind of like putting up a shed on the side of the road and trying to insure it."

In addition to cleanup, they're currently raising donations to get facilities re-built as quickly as possible.

"Hopefully that doesn't take too long, because we're all in the same position, where we all really miss our horses."

POLITICS

DiNovo to seek NDP leadership

New Democrat MPP Cheri DiNovo is the first candidate in the race for the leadership of the federal New Democrats.

The well-regarded Parkdale-High Park MPP will officially throw her hat in the ring on Tuesday in Toronto.

DiNovo, an outspoken critic of ousted NDP Leader Thomas Mulcair, wants the federal New Democrats to "reaffirm" their socialist principles, tackle climate change, and advance social justice.

While she will not immediately resign as an MPP, sources close to her say she won't seek re-election in the 2018 provincial election regardless of the outcome of the federal leadership contest.

Cheri DiNovo
TORSTAR NEWS SERVICE FILE

A champion of LBGTQ and other minority rights, DiNovo is one of the most effective opposition MPPs at Queen's Park with the Liberal government routinely adopting her private member's bills as government legislation.

Her work has led to increases in the hourly minimum wage, recognition of post-traumatic stress disorder as a workplace injury, and added gender identity to the Ontario Human Rights Code, among other changes.

TORSTAR NEWS SERVICE

WOODSTOCK

Youth suicides raise concerns

Police in Woodstock, Ont., say that five people aged 19 and younger have killed themselves since the beginning of 2016 in what an official of the Canadian Mental Health Association is calling a "suicide contagion."

Woodstock's chief of police said that in the same time frame 36 people have expressed suicidal thoughts or attempted suicide in Oxford County, which includes Woodstock and seven neighbouring communities. Woodstock and some of the surrounding area had a population of about 38,000 — nearly 9,000 of them 19 and younger — according to 2011 census data.

Officials in the area said they're working together to ensure they have enough resources to deal with the onslaught of calls to crisis lines, but high school students said they aren't seeing the effects.

THE CANADIAN PRESS

TRAIN FOR A CAREER AS A
MEDICAL OFFICE ASSISTANT

The growing need for medical and dental services by an aging population and a focus on improving access to healthcare in Ontario is fuelling demand for trained and knowledgeable Medical Office Assistants. The secret to getting ahead is getting started!

CLASSES STARTING SOON!

CONTACT US TODAY
613-722-7811

ALGONQUIN CAREERS ACADEMY
1830 Bank St, at Walkley station • 613-722-7811 • www.algonquinacademy.com

I have you been diagnosed with depression?
Do you continue to have depression symptoms despite taking at least two different antidepressant medications?
Royal Ottawa Mental Health Centre is currently enrolling participants for a clinical research study to look at the effectiveness and safety of an investigational medication (given as a nasal spray) in patients with depression who have not responded to prior treatment with at least two antidepressants.

To be considered for the study, you must be:
- 18 to 64 years old
- Diagnosed with depression
- Still be experiencing depression symptoms despite having taken two antidepressant medications in the past
- Comfortable with using a nasal spray
- Able to provide written informed consent

The study doctor will discuss additional requirements for being in the study.
If you are eligible for this study and choose to participate, you will receive all study visits and study-related medical care at no cost to you. Compensation for your time and travel expenses may also be provided.
For more information, please call the study research staff at:
613-715-5838

Clinton poised for victory

U.S. POLITICS

Candidate has the delegates to win Democratic nomination

Striding into history, Hillary Clinton will become the first woman to top the presidential ticket of a major U.S. political party, capturing commitments Monday from the number of delegates needed to become the Democrats' presumptive nominee.

The victory arrived nearly eight years to the day after she conceded her first White House campaign to Barack Obama. Back then, she famously noted her inability to "shatter that highest, hardest glass ceiling."

Campaigning this time as the loyal successor to the nation's first black president, Clinton held off a surprisingly strong challenge from Vermont Sen. Bernie Sanders. He mobilized millions with a fervently liberal message and his insurgent candidacy revealed a deep level of national frustration with politics-as-usual, even among Democrats who have controlled the White House since 2009.

Clinton, the former secretary of state, New York senator and first lady, reached the 2,383 delegates needed to become the presumptive Democratic nominee on Monday with a decisive weekend victory in Puerto Rico and a burst of last-minute support from superdelegates. Those are party officials and officeholders, many of them eager to wrap up the primary amid preference polls showing her in a tightening race with presumptive GOP nominee Donald Trump.

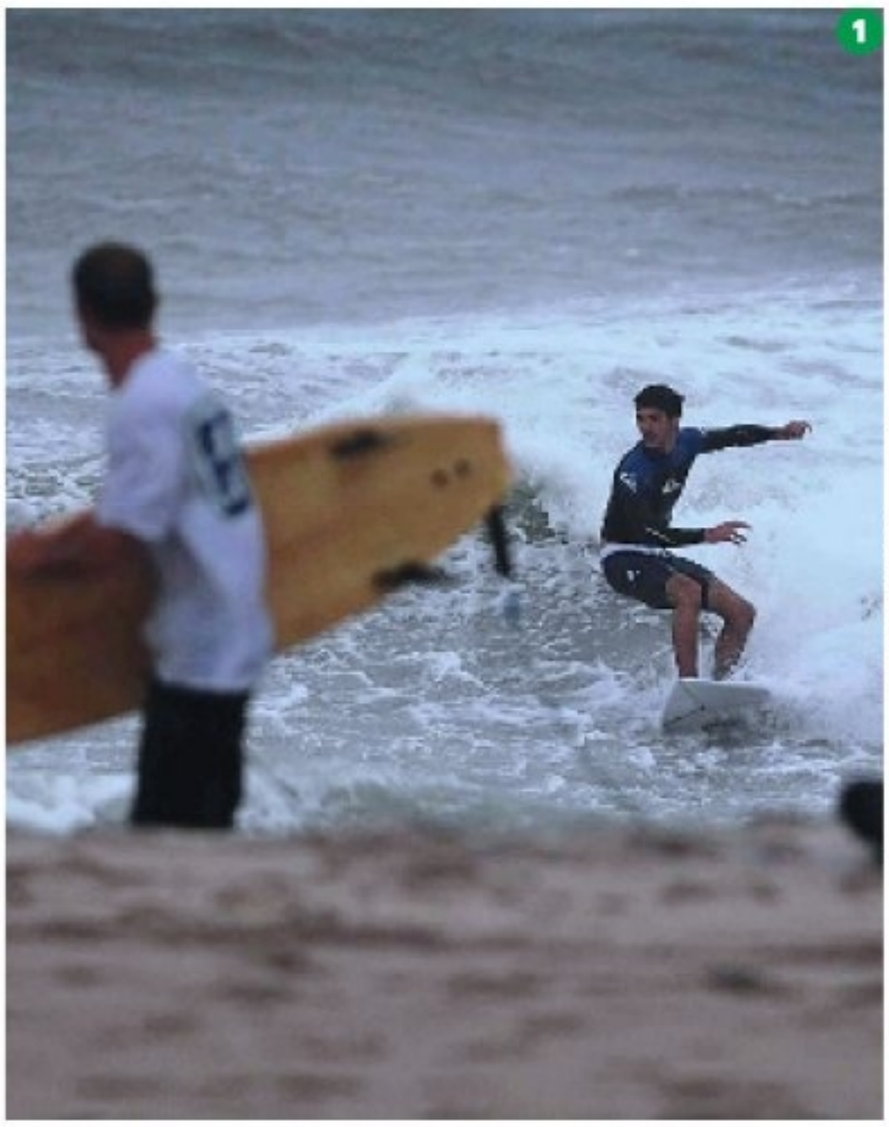
Clinton has 1,812 pledged delegates won in primaries and caucuses. She also has the support of 571 superdelegates, according to an Associated Press count.

AP surveyed all 714 superdelegates repeatedly in the past seven months, and only 95 remain publicly uncommitted. While superdelegates will not formally cast their votes for Clinton until the party's July convention in Philadelphia, all those counted in her tally have unequivocally told AP they will do so.

"We really need to bring a close to this primary process and get on to defeating Donald Trump," said Nancy Worley, a superdelegate who chairs Alabama's Democratic Party and provided one of the last endorsements to put Clinton over the top. THE ASSOCIATED PRESS

THE RACE

Clinton outpaced Sanders in winning new superdelegate endorsements even after his string of primary and caucus wins in May. Following the results in Puerto Rico, it is no longer possible for Sanders to reach the 2,383 needed to win the nomination based on the remaining available pledged delegates and uncommitted superdelegates.



WEATHER

Power outages, flooding as tropical storm pelts Florida

Heavy rains from Tropical Storm Colin hit north Florida and southern Georgia on Monday, knocking out power in some areas and flooding roads on the Gulf coast.

Residents filled sandbags, schools closed early and graduation ceremonies were postponed as Gov. Rick Scott declared a state of emergency.

The National Hurricane Center said Colin marked the earliest that a third named storm has ever formed in the Atlantic basin.

Colin's maximum sustained winds Monday were near 85 km/h with some slow strengthening possible during the next two days. While rains pelted the region, the storm was centred about 305 kilometres west-northwest of Tampa and was moving north-northeast at 37 km/h.

Early Monday, Ronald P. Milligan, 74, stopped by a park in St. Petersburg where authorities planned to distribute sandbags because the ditch in front of his home had filled during the previous evening's rain.

"If last night was a 'no storm' — and the water was almost up to the hump in my yard — I'm worried," Milligan said, motioning to about knee level. He's lived in Florida since the late 1970s and hasn't ever prepared for a storm this early.

Sandbags also were distributed in Tampa and cities and counties throughout the region. About 7,600 people were without power in the Tampa Bay area.

The latest forecast for Colin called for the centre of the storm to make landfall near the Big Bend area of Florida sometime Monday evening, and move across the Florida peninsula into Georgia and then move along or just off the South Carolina coast before heading out to sea. THE ASSOCIATED PRESS

1 Surfers take advantage of the waves from Tropical Storm Colin on Monday in Venice, Fla. JOE RAEDLE/GETTY IMAGES

2 Storm clouds from Tropical Storm Colin flank the Orlando Eye Ferris wheel as severe weather moves in. JOE BURBANK/ORLANDO SENTINEL VIA THE ASSOCIATED PRESS

3 Guests leave CityWalk at the Universal Orlando theme park complex in a torrential downpour as the first rain band from Tropical Storm Colin arrives. JOE BURBANK/ORLANDO SENTINEL VIA THE ASSOCIATED PRESS

ZOO

Mother won't be charged in gorilla case

A prosecutor announced Monday no charges will be brought against the mother of the little boy who got into the gorilla exhibit at the Cincinnati Zoo, saying the three-year-old "just scampered off" as children sometimes do.

The killing of a 400-pound gorilla that was dragging the child through a moat May 28 set off a torrent of criticism online, with some vilifying the zoo for shooting the animal and others blaming the mother for not watching her child more closely.

Hamilton County Prosecutor Joe Deters said the case didn't come close to warranting a charge of child endangerment, and he defended the mother as an attentive parent undeserving of the abuse and threats.

He said the mother had three other children with her, ages one to seven, and had turned away "for a few seconds" to attend to one when the boy took off.

"If anyone doesn't believe a three-year-old can scamper off very quickly, they've never had kids. Because they can. And they do," Deters said.

In a statement, the family said it was pleased with the decision.

"This is one more step in allowing us to put this tragic episode behind us and return to our normal family," the statement said.

Harambe the gorilla in an undated photo. AFP/GETTY IMAGES

The boy apparently climbed over a three-foot barrier, made his way through bushes and fell 15 feet into a shallow moat. The zoo's dangerous-animal response team shot the agitated, 17-year-old gorilla, Harambe, after concluding the boy's life was in danger.

The zoo plans to reopen its Gorilla World on Tuesday with a higher, reinforced barrier.

The zoo's actions will be reviewed separately by the U.S. Department of Agriculture. An animal protection group has urged that the zoo be fined. THE ASSOCIATED PRESS

IN BRIEF

Afghan president condemns killing of NPR reporters

The president of Afghanistan on Monday condemned the killings of David Gilkey, a veteran news photographer and video editor for National Public Radio, and Afghan journalist Zabihullah Tamanna in an insurgent ambush while on assignment.

Gilkey and Tamanna were travelling Sunday in the south with an Afghan army unit in Helmand province when the convoy came under fire and their vehicle was struck. THE ASSOCIATED PRESS

Frenchman accused of plotting Euro 2016 attacks

Ukraine's intelligence agency has thwarted a plot to attack the European Championship soccer tournament in France by arresting a heavily armed Frenchman who wanted to cross into the European Union, officials said Monday.

The Ukrainian Security Service said it had followed the man since December and allowed him to purchase weapons including two rocket-propelled grenade launchers before he was arrested last month. THE ASSOCIATED PRESS

Canadians buy fresh less

PRODUCE PRICES

Poll finds more people shifting to frozen fruit and vegetables

Some Canadians are snubbing expensive fruits and vegetables, instead turning to frozen produce and juice as less-pricey alternatives, a new survey by researchers from two universities has found.

Soaring produce prices have been a hot topic recently. Fresh vegetable costs rose 11.7 per cent and fresh fruit prices increased 11 per cent year-over-year in April, according to Statistics Canada's most recent consumer price index report.

Researchers from the University of Guelph's Food Institute and Dalhousie University surveyed more than 1,000 adults in Canada online between May 12 and 24 to determine if those rising prices have changed consumer grocery shopping behaviours.

The results suggest low-income households, less-educated people and younger generations are more vulnerable to volatile fruit and vegetable prices, said Sylvain Charlebois, the dean of the faculty of management at Dalhousie University in Halifax and one of the report's authors.

About half of those surveyed opted not to purchase cauliflower at some point over the past year. Several months ago, cauliflower prices spiked toward double digits per head thanks to a sliding loonie and drought in California. Some restaurateurs showcasing the cruciferous vegetable hiked prices or pulled the items from their menus altogether.

More than 15 per cent of respondents also admitted to avoiding broccoli, lettuce, oranges and apples. Apples, for example, jumped 23.4 per cent in price from April 2015 to last April, according to Statistics Canada. People said they also snubbed tomatoes, cucumbers, bananas and carrots, though they were fewer in number.

> **Because of climate change, we are expecting vegetable and fruit prices to become much more volatile.** Sylvain Charlebois

About one-quarter of respondents said they ate fewer fruits and vegetables over the past 12 months. Respondents with low incomes and lower education levels were more likely to have dropped produce from their diets than their wealthier counterparts, Charlebois said.

Slightly more than two-thirds of respondents said they passed on purchasing specific high-cost produce, such as cauliflower.

Many respondents — about 45 per cent — also purchased or considered buying frozen produce as a way to reduce their total grocery bill. Fewer of them — about 17 per cent — did the same with juice.

Those cost-cutting measures may be something consumers will continue to do as produce prices don't show any signs of easing.

In the University of Guelph's 2016 food price report, Charlebois predicts this year's food inflation will outpace general inflation, with vegetables increasing in price by two to four per cent and fruits by 2.5 to 4.5 per cent.

It's hard to say exactly how produce prices will play out in the future, he said, but costs are unlikely to stop rising.

"Because of climate change, we are expecting vegetable and fruit prices to become much more volatile than they have ever been," he said.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error because they do not randomly sample the population.

THE CANADIAN PRESS

DOMESTIC TOURISM

Majority planning local trips

More Canadians are expected to leave their passports at home this summer and hit the road in Canada as the weak loonie and low gas prices prompt a deeper exploration of their own country.

Canada's major tourism destinations are expecting a banner year as Canadians pursue staycations and more travellers from the U.S. and abroad visit the Great White North.

The Banff-Lake Louise area in Alberta is one of the country's most popular destinations, attracting nearly four million visitors a year. Following a 20 per cent increase last year, Parks Canada is anticipating a seven per cent hike in visits this year.

Niagara Falls, Cape Breton, Old Quebec City and Whistler are top Canadian destinations each year. But there are other options, like large annual events such as the Calgary Stampede.

About 55 per cent of Canadians who are planning vacations this summer intend to explore Canada, up nearly seven points from a survey conducted last year, said the Conference Board of Canada. THE CANADIAN PRESS

BBQ
AROUND THE WORLD
Spectacular Ingredients Can Take You Anywhere
Save on fresh ingredients from your local grocery stores and take your summer BBQs to spectacular new places.
Get the Free Save.ca Mobile App:
Download on the App Store
Google play
save.ca
flyers. coupons. shopping lists.

metro VIEWS
Your essential daily news
Tuesday, June 7, 2016

ROSEMARY WESTWOOD
ON WHY HILLARY SHOULD CHAMPION REPRODUCTIVE RIGHTS

She might be loath to mirror him, but Clinton doesn't need to mimic Trump's bigotry to find talking points. Nothing cuts deeper than the right to control your own body.

Hillary Clinton might be pro-choice, but her campaign isn't nearly pro-choice enough.

Despite earning a Planned Parenthood endorsement (the first primary endorsement in its history) and her long support for abortion rights, it's only been one message among a muddled many.

It could be so much more. Come the general election, drawing women to the polls — especially young, single, Democrat-voting women who have been leaning heavily in Bernie Sanders's favour thus far — will be as essential as always for a Democratic win. And abortion rights could be the key.

The demographic reasons are obvious: As many as one in three women will get an abortion before age 45 in the U.S., according 2008 data. But that's not what makes it such a potentially potent issue for Clinton this election. For that, we can thank the abortion crisis sweeping across the United States. Aggressive lobbyists and regressive lawmakers are wiping abortions from the map.

In Texas, Louisiana, South Carolina, Oklahoma, Indiana and Florida, pro-life forces are pushing, and in places succeeding, at nullifying an inalienable right.

By restricting women's access to abortions through outlandish measures (forcing women to bury or cremate a fetus, requiring small clinics to build hospital-sized hallways, investigating Planned Parenthood and cutting state funding to clinics that provide abortions), lawmakers threaten to shutter dozens of abortion clinics, leaving women with the right to an abortion in name only. (This month, the Supreme Court could rule to uphold a Texas law that forces abortion clinic doctors to have admitting rights to hospitals, which would close eight clinics.)

This not only endangers a basic right, but by forcing women who don't want a child to give birth, the country risks returning them to the economic burdens and professional inequalities of the 1950s.

It shouldn't be a hard sell, but Clinton isn't the salesman that Donald Trump is. Trump — who is pro-life — is a master of the sound bite and the galvanizing rhetoric. She might be loath to mirror him, but Clinton doesn't need to mimic Trump's bigotry to find talking points with a similarly pointy edge: Nothing cuts deeper than the right to control your own body. All Clinton needs to do is hammer one simple thing home: Abortion access is under attack, and she is its saviour.

Pundits better placed than I assume that Sanders fans will skew Clinton if/when she becomes the nominee.

But there's preference for a candidate — and then there's cold, hard voting.

Recently, the Washington Post reported that women's fervent support for Clinton rises with age because their experience of sexism deepens as they have children and advance in their careers. Abortion could be the cause young women can relate to — and the cause that lets them relate to Hillary Clinton herself.

By forcing women who don't want a child to give birth, the country risks returning them to the economic burdens and professional inequalities of the 1950s.

Metro POLL
Will you watch the NHL playoffs?

No Canadian teams are left in the running for the Stanley Cup. Back in April, ratings for the first week of the NHL playoffs were down 61 per cent. And now that the Pittsburgh-San Jose final is upon us, we asked how much attention you have been paying.

How much of the NHL playoffs have you watched this year, compared to past years?

80%: Less
It's hard to care with no Canadian content.
17%: About the same
The games are as entertaining as ever.
3%: More
It's a more interesting group of teams than usual.

No Canadian NHL teams + Raptors rocking the country = low NHL ratings.

I have my favourite couple of teams I watch and if they don't make it, I'm done.

Playoff hockey is still the best kind of hockey, regardless of which teams are playing.

There are way better things on TV than hockey.

visit metronews.ca HAVE YOUR SAY

Try to imagine Elgin St. with no Boushey's

COLLINS' CAPITAL
Steve Collins

So, Boushey's now, too, eh? News that the 70-year-old corner grocery will close up its till for good in July gave me a sad, strange little pang.

It's weird to experience such nostalgia and regret when I can't even remember the last time I was actually in the store.

Until I moved out of the neighbourhood a few years ago, though, Boushey's was my pantry, not just the shuffle across Elgin Street for a newspaper or sushi but an extension of my one-bedroom basement hovel.

That apartment sometimes flooded in the spring, and was twice burglarized by slacker criminals who came in the ground-level window, stole the quarters from a jar of change and thoughtfully but insultingly left the rest of my worthless possessions undisturbed.

At night I'd observe, whether I wanted to or not, patrons of the bar next door arguing with girlfriends, smoking weed or relieving themselves right outside my kitchen window. It still feels somehow like home when I walk by.

It's hard to imagine the front window of the Boushey's building with anything but fruit in it. Another endangered urban species, a phone booth, stands guard outside.

The closing will no doubt change the character of the street, but change is part of that character. Boushey's joins other lost Elgin Street institutions: Think Friday's, the Mayflower, Maxwell's or Elgin Video ("You rented movies? What does that even mean, Grandpa Steve?").

Even old stalwart Mags & Fags has dropped one of its namesakes, ending tobacco sales in the interests of healthier customers. The street's alive, and living things change.

Hoping for a familiar face, I turned up Cooper Street to another ex-apartment. There I found my old neighbours Barb and Rob on their lawn chairs in front of the building where they preside, weather permitting, as the block's unofficial greeters.

Refreshments and some therapeutic laughs ensued, but even here the scenery keeps mutating.

The ailing but gorgeous silver maple I used to gaze at from my balcony, its branches arching gracefully over the street, has been reduced to a stump. It was over a hundred.

Across the street at The Shefford, a century-old apartment building where the likes of former PM Joe Clark and writer Timothy Findley once lived, it seems someone has made off with the plaque that adorned the building's facade.

The digital ghosts of both tree and plaque can still be seen, for now, on Google Street View.

My friends couldn't remember how long it had been since they'd last been in Boushey's. Certainly not, they figured, since the new Sobeys opened nearby on Metcalfe. And it turns out they're planning to leave town, sometime after one last party, Canada's 150th next year. There's that sad little ache again.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod
VICE PRESIDENT & EDITOR
Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout
MANAGING EDITOR OTTAWA
Steve Rennie
ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
General phone 613-236-5058
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at www.mymetrostore.ca

metro LIFE

Your essential daily news

Anne-Marie Mediwake and Ben Mulroney named co-hosts of Your Morning, CTV's new morning show]

Shining a light on skin cancer

HEALTH

Caroline Cooper was a faithful sunscreen user, but still got sick

Caroline Cooper's passion was outdoor adventure, guiding canoe trips, rock climbing and wilderness trekking. In 2013, she'd landed a dream job in Hong Kong, teaching kids to surf, kayak, rappel.

"My office was the outdoors," explains Cooper, 29.

Fair-skinned, she always wore a SPF 30 sunscreen and conscientiously reapplied it to prevent getting burned. But she never worried the sun exposure would lead to skin cancer.

"I thought skin cancer was just an ugly mole, something you cut off," says Cooper.

That changed when she was diagnosed with melanoma, the deadliest form of skin cancer. The rate of melanoma has been rising in Canada, about 2 per cent a year for men and 1.5 per cent for women.

For Cooper, it began one morning in Hong Kong when she noticed a golf ball-sized lump on her neck. A doctor there biopsied it and told her it was melanoma.

"That's a good thing, right?" she blurted out, having feared breast or brain cancer.

"No, not really," he replied.

She returned to Toronto. Medical scans revealed tumours in her neck. Cooper underwent surgery that removed 63 lymph nodes from her neck. Eleven were cancerous.

"I have a scar running three-quarters the way around my neck," she says.

Cooper had 33 radiation treatments. By the end of 2013, evidence of the disease was gone, but the oncologist warned her it might return.

Sure enough. Follow-up scans in the summer of 2014 showed spots in her lungs, liver and at the base of her skull. The melanoma had spread.

"Nobody asked me about death, but the thought was going through everyone's mind," says Cooper.

She was enrolled in a clinical trial for the drug MEK162. "It kicked my ass," says Cooper about the side effects — severe nose bleeds, hair loss, sore joints and a rash on her face and torso so painful she required morphine. The young woman who once energetically scrambled up rock faces was curled up for three-hour naps.

In six months, the tumours shrank 30 per cent, but then the drug stopped working. "My body built up a resistance, which my doctor had predicted," she explains. She was transferred to another drug, ipilimumab. It caused fewer side effects, but scans showed improvement.

During her post-radiation remission, Cooper had met Justin Douglas on an online dating site, and the two grew close. He accompanied her to medical appointments and moved in with her and her parents when the cancer returned. "He would hold me when I cried, and I could tell him things that scared me," says Cooper. "He was my knight in shining armour."

On June 13, 2015, the two married. Three months later another scan showed she was fully in remission.

She won't return to leading outdoor adventures, the career she loved. "It's my skill set. I can set up a tarp with my eyes closed," explains Cooper, who is grappling with changing career paths.

In all her time outdoors, she never had a bad sunburn, a risk factor for skin cancer. Nor did she ever go to a tanning salon, another possible factor.

"It was just all the days out in the sun added up," she says. "It can happen to anyone."

TORSTAR NEWS SERVICE

ABOVE: Caroline Cooper, glowing and in remission from melanoma. **INSET:** A painful skin rash — a side effect of the chemotherapy drug MEK 162 —worsened over six weeks of Cooper's cancer treatment. TORSTAR NEWS SERVICES

NEED TO KNOW

Types of skin cancer
Basal cell: Can cause disfigurement; **Squamous cell:** Can grow and spread; **Melanoma:** Can be deadly.

Mole warning signs
Talk to your doctor about black, multi-coloured or irregular moles more than 6 mm in diameter.

The right sunscreen
Wear water-resistant SPF 30 or higher, broad spectrum (UVA and UVB rays). You can apply just before going out. Use SPF 30 lip balm.

The right clothing
Wear a broad-brim hat and tightly woven shirts and pants. Look for sunglasses labelled UV 400 or 100 per cent UV protective.

Source: Dr. Jennifer Beecker, Canadian Dermatology Association

EATING HABITS

How Perry and pop stars help feed obesity bubble

Would U.S. teens be any slimmer if Katy Perry hawked kale and quinoa?

New research doesn't prove a link, but its authors think music stars popular with teens may be contributing to the obesity epidemic by endorsing fatty fast food, snacks and soda.

The study shows that 20 of the hottest teen-music heartthrobs have done TV ads or other promotions for products nutritionists consider unhealthy. Included were videos of company-sponsored concerts.

Of 107 food and drink endorsements included in the study, few were for nutritious foods, the researchers said. Lead author Marie Bragg, a food policy and obesity researcher at New York University, singled out one "natural whole-food product." That was South Korean pop star Psy's "crackin' gangnam-style" TV ad for Wonderful pistachios, shown during the Super Bowl in 2013.

About 80 per cent of celebrity-endorsed food ads were high-calorie products including snack chips and chocolate, or fast-food restaurants including McDonalds, Chili's and A&W.

> **Celebrities should leverage their influence to promote more healthful messages**
> Pediatrics journal study

The list includes Perry endorsements for Pepsi and Popchips; Justin Timberlake ads or promotions for Chili's, McDonald's and Pepsi; and will.i.am ads or campaigns linked with Coca-Cola, Doritos, Dr. Pepper and Pepsi. The study was published in the journal Pediatrics.

Ads can influence behaviour, and the researchers say the results have important implications, given the nation's high obesity rates. Government statistics show that about 20 per cent of U.S. teens are obese and even more are overweight.

They selected performers who have appeared on Teen Choice Award shows and who had hits on the Billboard Hot 100 in 2013 and 2014.

They cited previous studies linking food and beverage marketing with childhood obesity. Bragg noted a 2013 study from Australia that found sports celebrity endorsements influenced boys to buy fast food.

Bragg said it would be unrealistic to expect teens to only eat healthy foods, or to ask celebrities to only endorse those products. She said "moderation" and "a better balance" of ads would be ideal.

THE ASSOCIATED PRESS

Katy Perry endorses Pepsi and Popchips. GETTY IMAGES

'You can't out-train overeating'

Celebrity trainer Erin Oprea tells readers how to get more out of their limited time. "Working out doesn't always have to be in the gym." TORSTAR NEWS SERVICE

INTERVIEW

It's all about your diet, says Underwood's training guru

Erin Oprea knows you don't have time.

That's why the celebrity trainer and former U.S. Marine has crafted a "do-anywhere" workout regimen approved by clients such as singer Carrie Underwood who have to squeeze workouts in between red carpets and stadium shows.

Her new book The 4 X 4 Diet: 4 Key Foods, 4-Minute Workouts, Four Weeks to the Body You Want (Harmony: $27.64) tells readers how to get more out of limited time. "Working out doesn't always have to be in the gym," she says. "Anytime that you have free time — knock it out."

But the key is in the kitchen.

Can most people accomplish their fitness goals with body weight exercise?
They can reach their goal, but so much of reaching your goal is your nutrition. If you don't change your nutrition, then you're never going to get results. You can't outtrain a bad diet.

What are some tips for eating right?
Definitely hydration. Drinking half of your body weight in ounces. If you weighed 100 pounds, you'd want to drink 50 ounces of water. So many people live their life completely dehydrated.

What are some of the biggest diet misconceptions?
One of the big myths that's out there is "carbs are bad," which I totally disagree with. Carbs are our energy source. They're fuel for our body. If you put bad gasoline in your car it's not going to run like it's supposed to.

What's the time of day you should eat carbs?
The time of day is early in the day when you're going to use them. People will pack it in at dinner, and eat a lot of pasta or baked potatoes and then they'll sit on the couch. If you eat it at night and you just sit around, your body is just going to store it. I tell people to eat it before three in the afternoon, and you have time to use it up. That doesn't mean pile in as much as you can — still eat it in moderation when you have time to use it.

So a salad for dinner and bread for breakfast is OK?
Bread early, or bread in moderation. And watch the sodium. People don't realize how much sodium affects your body. If you're getting ready for swimsuit season and you eat something very salty — it could be a frozen dinner that you might think is healthy, but it's loaded in sodium — if you start cutting back the sodium, it makes a world of difference.

Carrie Underwood GETTY IMAGES

Can you ruin a week's worth of exercise in a few meals?
Absolutely. You cannot outtrain a bad diet. If you workout really hard for two hours and then you go eat five slices of pizza, you might have kept yourself from gaining, but you're not going to get to where you want to be.

What are some of Carrie Underwood's strengths as a client?
She's a driven woman. Just like all my other clients, they're dedicated. They've made the decision that they want to do something and they do it. Everybody has bumps on the road. The key is to try and stay as consistent as possible and when you slip up, get right back on track. Don't let one little bump in the road set you off for weeks.
TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

A spy show that's really about marriage

THE SHOW: The Americans, Season 2, Episode 5 (Shomi)
THE MOMENT: The girl talk

Keri Russell and Alison Wright star in The Americans. CONTRIBUTED

Soviet undercover agent Philip (Matthew Rhys), posing as mild-mannered Clark, married FBI secretary Martha (Alison Wright), to wring secrets from her.

But Martha's getting fed up with Clark's absences. Philip's real wife and fellow spy Elizabeth (Keri Russell), posing as Clark's sister, drops in on Martha to appease her. A bottle of wine in, Martha confides, "Clark's so uptight. Except when we're, you know."

Elizabeth's smile freezes. "Really?" she asks.

"Oh my God, he's wild," Martha coos. "I don't know where it comes from, what he does."

"What does he do?" Elizabeth asks, unable to stop twisting her earring.

"He's a gentleman. Just not in the sack," Martha says. "In the sack he — he just makes me his."

"Hmm," Elizabeth says. "Hmm."

Whoo-ee! Philip and Elizabeth may be kickass spies, but this series is really about marriage: How spouses disappoint one another, the secrets they keep. We learn so much about these two — more than they know, sometimes — that they feel like the couple next door.

Elizabeth has been living with a man she thinks she knows, who has let her down often enough that she's prone to dismiss him.

But to hear about "him" from another woman, who's getting something she's not — Russell does a terrific job making Elizabeth look subtly ill. And Martha is a fabulous character, someone who's perpetually underestimated, but should not be.

Because Elizabeth is my neighbour now, I knew this chat would get under her skin. Sure enough, she — no, I won't spoil it. Watch episode six.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

How we turned off sleep mode

Keeping sleep schedules consistent is important, say experts. TORSTAR NEWS SERVICE

FORTY WINKS

Smartphones, modern life impacting on rest patterns

Modern life is filled with stuff that keeps people awake. We guzzle coffee and energy drinks. We stare at the artificial light of our smartphones, laptops and tablets in bed. We binge-watch Netflix way longer than we should.

Then we wonder why we're all tired in the morning.

While food and fitness have been headline-making health metrics for years, sleep, for many North Americans, is still on the back-burner. Researchers say that's a big problem, given how sleep-deprivation impacts our entire bodies — from making us cranky and sluggish after a night without shut-eye, to more severe, long-term health impacts.

"Many of us are aware of a problem," says Canadian sleep expert Dr. Rachel Morehouse. "But we don't prioritize it."

Morehouse, a professor in Dalhousie University's department of psychiatry, is lead panelist for the Dairy Farmers of Canada's 2016 Canadian Sleep Review, an examination of the current state of sleep behaviours in Canada, based on a survey of more than 1,500 randomly selected Canadian adults in early May.

A full 50 per cent of Canadians report that a lack of sleep affects their productivity at work.

Morehouse was surprised at how many people feel like they're not getting their 40 winks, but she says this level of countrywide sleep deprivation is cultural, stemming from industrialization and access to technology.

67%

The survey found 67 per cent of Canadians wish they could get better sleep.

Nowadays, she says, we have constant access to the Internet, bright artificial light, and systems and factories made to run 24 hours a day, seven days a week. "But a biological system like humans can't run 24-7," she says.

So why is that? Why, exactly, do we need sleep — a daily task that puts us out of commission for a big chunk of our lives?

What's sleep for, anyway?

Sleeping doesn't give us any kind of survival advantage on the surface — technically, it leaves creatures pretty vulnerable — so it sounds like a dangerous concept from an evolutionary perspective. Still, evolution would've weeded sleep out if it wasn't something we needed to do, says Dr. Daniel Barone, an assistant professor of neurology at Weill Cornell Medical College and NewYork-Presbyterian Hospital.

"Our brain really needs to have that rest," he says, pointing to a 2013 University of Rochester study on mice that showed the brain's waste removal system for potential toxins is highly active during sleep.

Similarly, free radicals formed in the brain have to be removed during sleep, notes Dr. Sanjeev Kothare, a professor in the Departments of Neurology and Pediatrics at NYU Langone and the director of the pediatric sleep program. These uncharged and typically highly reactive molecules set off a "cascade of inflammatory changes in the brain," Kothare says. Cognition, attention, memory — everything starts going down.

Most people need around seven to eight hours of sleep each night, says Morehouse, but others are outliers, needing more or less.

Kothare suggests trying to wind down before bedtime. "Take a warm bath, drink warm milk, relax, don't listen to your iPad or iPhone," he says. It's also helpful to dim your lights at night and try and expose yourself to bright light in the morning.

Keeping the same sleep schedule on weekdays and weekends is also key. "It's not boring, or monotonous — it's what your body wants," says Morehouse.

TORSTAR NEWS SERVICE

SPONSORED CONTENT — LEARNING CURVE

Partnership with colleges puts students on the fast track to a university degree

Saint Paul University's partnerships with colleges make it easy and affordable to gain a university degree! By combining your college credits with our undergraduate degrees, you can obtain, in only two years, an Honours Bachelor of Arts Degree in one of the following three programs: Human Relations, Public Ethics, Conflict Studies or Social Communication.

The partnerships remove barriers for students wishing to get a theoretical background in their field of study and enhances their academic pathways. Please visit our website to view the full list of participating colleges at ustpaul.ca/collegetransfer.

Located in the heart of the nation's capital, Saint Paul University (est. 1848) is the founding college of the University of Ottawa, with which it has been federated since 1965. A bilingual institution, it offers undergraduate and graduate study programs.

Proud of its rich heritage, over the years Saint Paul University (SPU) has evolved into an institution whose primary focus is on the multiple facets of the human

CONTRIBUTED

experience. Not surprisingly, that priority is reflected in our current study programs: in addition to our founding disciplines — canon law, philosophy, and theology — we offer courses in social communication, counselling and psychotherapy, public ethics, conflict studies, and human relations and spirituality.

Apply now for Fall 2016! Contact us at info@ustpaul.ca or by phone at (613) 236-1393. Visit UStPaul.ca for more details!

APPLY NOW
FOR SEPTEMBER 2016

Discover our Programs:

- Canon law
- Conflict Studies
- Counselling and psychotherapy
- Human Relations
- Philosophy
- Public Ethics
- Social Communication
- Theology

COMBINE YOUR COLLEGE CREDITS
With one of our undergraduate programs!

ustpaul.ca

223 Main Street, Ottawa ON
613-236-1393 | 1-800-637-6859

Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.

metro SPORTS

Stephen Curry has withdrawn from consideration for the U.S. Olympic team, citing recent ankle and knee injuries

Kickin' it on the Hill

WOMEN'S SOCCER

National team visits Trudeau ahead of match against Brazil

The Canadian women's soccer team did a little sightseeing and rubbed shoulders with the prime minister on Monday before getting down to business — preparing for Tuesday's rematch with Brazil.

On a morning trip to Parliament Hill, the women even managed to get a broad smile out of a police officer wielding an automatic weapon as several players showed off their muscles next to him.

The team was posing for a group photo in front of Parliament when Prime Minister Justin Trudeau and Carla Qualtrough, minister of sport and persons with disabilities, appeared from behind in a high-profile photo op that the players had not known about.

"Wait, a group picture on Parliament Hill without me," said the PM as the surprised team cheered and clapped.

"I know you're cheering for Carla," Trudeau added.

He shook hands with all the team members, pausing longer with captain Christine Sinclair to thank her for her leadership. Sinclair, in turn, gave him a team jersey with his name on it. Qualtrough also got a jersey.

John Herdman's squad will be looking for a win Tuesday night at TD Place after losing to the Olympic hosts 2-0 on Saturday in Toronto.

Initial reviews of the BMO Field weekend performance were pessimistic, but Herdman and his players saw more positives in the light of day.

Prime Minister Justin Trudeau takes a photo with members of the Canadian women's soccer team on Parliament Hill, Monday.
ADRIAN WYLD/THE CANADIAN PRESS

"It's just a matter of can we put it together at the right time like we did in London." Christine Sinclair

Still the coach wants to see some offence. In its last seven games on Canadian soil, including five at the World Cup, his team has managed just five goals.

"They have to score," Herdman said after training. "We're not having 20-odd thousand people from Ottawa coming out and watching us and going home and not celebrating a goal. I remember going to games with my dad, and you can't replace those moments where you're standing and the whole crowd celebrates. That's what you get excited for.

"We were one of the best defensive units in the World Cup (where they conceded just three goals in five games). We still are. But they have to step (up to) this next level. Some of that's being smarter than the other day (against Brazil), picking our moments to attack. But when we get in that attacking quarter, really going for it. And I felt that little bit of the edge is missing at the minute. Hopefully they'll bring that." THE CANADIAN PRESS

STANLEY CUP FINAL

Starting goalies thriving in debuts

Twenty-nine starts.

Before the start of the regular season that was the combined NHL experience of the two eventual starting netminders of the Stanley Cup final, with all 29 of those starts owned by Martin Jones of the San Jose Sharks.

Jones and Matt Murray, his counterpart on the Pittsburgh Penguins, seem to be proving in these playoffs that experience may not be imperative to success.

Neither had started an NHL playoff game before this spring and yet both have shined brightly for their respective teams, especially Jones so far in the final.

"I think there's times where you can lean on experiences and then there's times where it works if it's just your first time," Sharks centre Logan Couture said. "I think both goalies have played well."

"You never know how a guy is going to handle the starting job playing every night until you throw him into it."
Sharks coach Pete DeBoer

Rarely do two starters on this stage come with as little experience, both goalies starting in the NHL for the first time this season.

The most recent such case was 2010 when Antti Niemi and Michael Leighton squared off in the Cup final. Both endured a rocky experience, especially Leighton, who was pulled twice in the Flyers' six-game loss to the Blackhawks.

Cam Ward was really the last goalie to shine on this stage with so few NHL games of experience. He helped Carolina to a Cup as a rookie in 2006.

"I think sometimes no experience is better than some experience," said Sharks backup goaltender James Reimer. "You have no level of failure. It's like your first season. There's no expectations." THE CANADIAN PRESS

Go to metronews.ca for coverage of Game 4 of the Stanley Cup final

ALI FUNERAL

It was 'designed by The Champ himself'

Muhammad Ali and his innermost circle started a document years ago that grew so thick they began calling it "The Book."

Its contents will soon be revealed.

In the pages, the boxing great planned in exact detail how he wished to say goodbye to the world.

"The message that we'll be sending out is not our message — this was really designed by The Champ himself," said Timothy Gianotti, an Islamic studies scholar who for years helped to plan the services. "The love and the reverence and the inclusivity that we're going to experience over the coming days is really a reflection of his message to the people of planet Earth."

Former president Bill Clinton, a longtime friend, will deliver the eulogy at the funeral at the KFC Yum! Center, where the 15,000 seats are likely to be filled. THE ASSOCIATED PRESS

HOCKEY

Ducharme given the reins of national junior team

Dominique Ducharme will coach Team Canada at the 2017 world junior championship in Toronto and Montreal.

Ducharme was an assistant coach on the Canadian squad at the 2016 world juniors in Helsinki.

The 43-year-old is the coach and general manager of the Drummondville Voltigeurs of the Quebec Major Junior Hockey League.

THE CANADIAN PRESS

HOCKEY NIGHT IN CANADA

Cherry returning for 2016-17 season

Don Cherry is returning to Hockey Night in Canada for another season.

The 82-year-old star of Coach's Corner has agreed to a one-year deal, Scott Moore, president of Sportsnet and NHL properties, told The Canadian Press on Monday.

Cherry's two-year deal with Rogers, which owns Sportsnet, expires at the end of the playoffs.

In 2013, Rogers signed a 12-year, $5.2-billion deal for NHL rights in Canada. They took a ratings hit this spring, however, when no Canadian team made the playoffs. THE CANADIAN PRESS

Don Cherry GETTY IMAGES

RECIPE Niçoise Salad

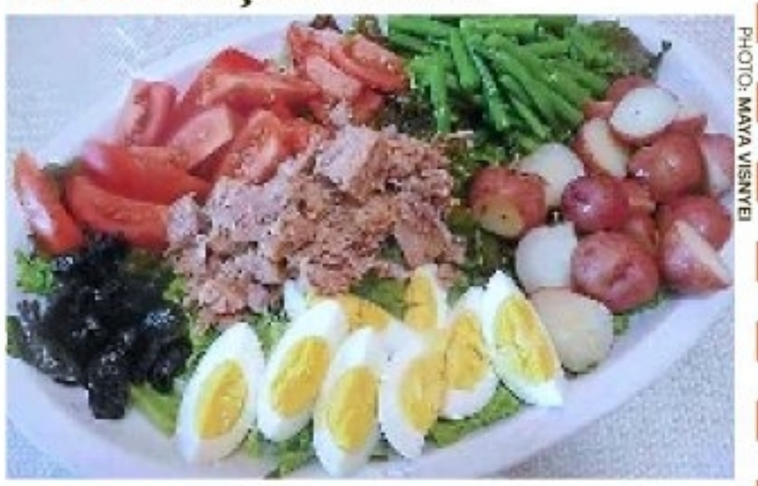


PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A large dinner salad can give a family enough variety so everyone feels there is something in it for them, and this easy Niçoise delivers double on delicious elements.

Ready in
Prep time: 25 minutes

Ingredients
- 8 small red potatoes
- 2 handfuls of green beans, washed and trimmed
- 1 head of lettuce (I like Boston but a salad mix would work, too)
- 1 can tuna
- 2 hard-boiled eggs, quartered
- 4 plum tomatoes, quartered
- ¼ cup black olives, pitted

For the dressing:
- 1/3 cup white wine vinegar
- 1 tbsp Dijon mustard
- 2 tsp honey
- ½ cup olive oil
- salt and pepper to taste

Directions

1. Bring a large pot of salted water to a boil.

2. Place your potatoes in the boiling water and cook for about 5 minutes. Add the trimmed green beans to the pot for another 3 minutes until all the vegetables are tender. Drain well and set aside.

3. Wash and spin your salad greens. Tear or chop into bite-sized pieces. Toss the greens in a bit of salad dressing, coating them lightly. Spread your dressed greens on a platter.

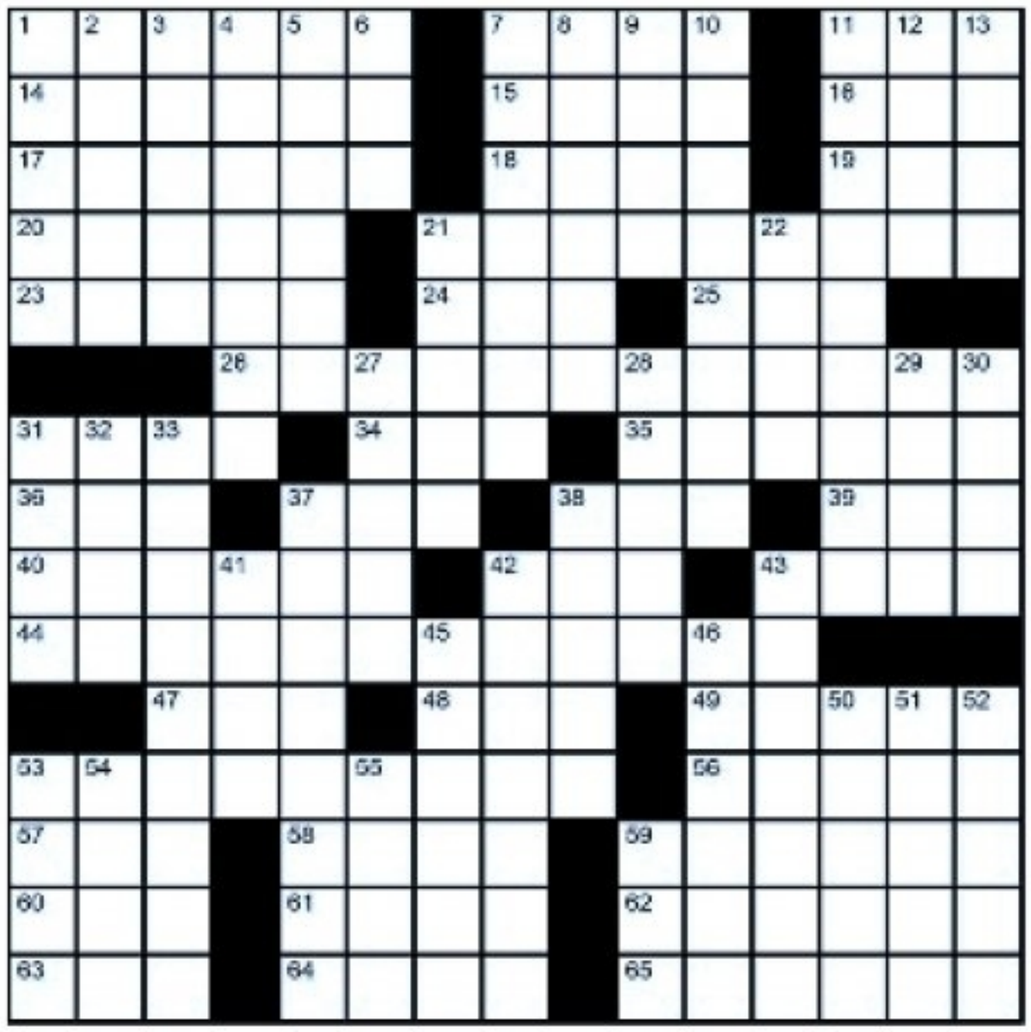
4. Arrange your ingredients in small mounds, tuna in the middle (broken up into chunks), beans together, potatoes together, olives together, etc.

5. Drizzle salad dressing over.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Garlic shrimp dish
7. __ milk
11. Better
14. Adam Levine's band, __ 5
15. Mozart opera, __ Fan Tutte
16. Apple Pie Mode's missing slices?
17. Gives warning
18. __ __ were (Seemingly)
19. Mary __ (Cosmetics company)
20. Ms. Bow, the 'it girl' in "It" (1927)
21. Food Network champions: 2 wds.
23. Metric weights, briefly
24. Reno's li'l state
25. G'days
26. 1984 chart-topper for Prince: 3 wds.
31. Scottish rolls
34. 'King' in Spain
35. Region of France
36. 'Hotel' suffix
37. Jnr. opposite
38. Quebec's largest city [abbr.]
39. Kitchen and den, etc. [abbr.]
40. Bands
42. Fitness system, __ Bo
43. FDNY's 'D' [abbr.]
44. Techie tune in "Purple Rain" (1984) starring Prince: 2 wds.
47. Sir McKellen
48. Compete
49. Birth-related
53. Prince-written song by Canadian-lead-singer trio Vanity 6: 2 wds.
56. Barter
57. "Entourage" superagent
58. Mr. Johnson of "Laugh-In"
59. Rhoda's little sister on '70s TV
60. Yearning
61. Printer paper purchase
62. English novelist Jane
63. Wilt
64. NASDAQ rival
65. Clever comeback

DOWN
1. __ dab in the middle!
2. Prefix to 'graphy' (Fancy writing)
3. "Is that __ __ sapphire?" (Jewellery store query)
4. Days following todays, olde-style
5. Saskatchewan export
6. Amer. pals to CMs on rulers
7. __-cat
8. Where Pristina is the capital
9. "The cheque __ __ the mail."
10. Canadian singer/songwriter Joni, one of Prince's musical inspirations
11. Is prudent: 2 wds.
12. Count __ (2004 Jim Carrey role)
13. Compensates
21. __ tube (Lake fun thing)
22. Kitty sound effect
27. Accounting firm, __ & Young
28. Historical drama of 2000 starring Uma Thurman, Tim Roth and Gerard Depardieu
29. Red Serge force, commonly
30. Tues., on Wed.
31. 'Canada' begins with one: wd. + letter
32. 'Air'-meaning prefix
33. Bright, as an outcome
37. Rope of twisted-together-strands: 2 wds.
38. Silent film actress Ms. Normand
41. __ __ the crack of dawn
42. Ancient three-levels-of-oars Mediterranean ship
43. Most cherished
45. Madonna's 1996 title role's namesakes
46. False
50. So much, in music
51. Calculator ...when using the + sign
52. Resembled the Tower of Pisa
53. Refusals
54. Expanse
55. Stone hue
59. Stop

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something unexpected will interrupt your home routine today. Small appliances might break down or minor breakages could occur. Be patient with family members to keep the peace.

Taurus April 21 - May 21
This is an accident-prone day for your sign, so pay attention to everything you say and do. Before you speak, count to three and keep your eyes open! This puts you in control.

Gemini May 22 - June 21
Today you might find money, or you might lose money. Stay in touch with your bank account. Guard your possessions against loss or theft, because today is a crapshoot.

Cancer June 22 - July 23
Your plans regarding sports events, parties or a fun escape might be interrupted because a parent, boss or police person intervenes. (Oops!) Just be aware of this.

Leo July 24 - Aug. 23
This is a restless day for you. You're not sure whether to act or wait, because things are unpredictable. (It never hurts to first find which way the wind is blowing.)

Virgo Aug. 24 - Sept. 23
A friend likely will surprise you by doing something you least expect today. Or possibly, you will meet someone new who is bohemian, unorthodox or just weird.

Libra Sept. 24 - Oct. 23
It's hard to predict people in authority today — parents, bosses, VIPs and the police. Just be aware that someone is going to throw you a curveball. Forewarned is forearmed.

Scorpio Oct. 24 - Nov. 22
Travel plans will change today. They might be canceled or rescheduled. On the other hand, you suddenly might have a fresh opportunity to travel. Yay!

Sagittarius Nov. 23 - Dec. 21
Something unexpected might affect discussions about inheritances, taxes, debt and shared property. Stay in touch with your bank account so you know what's happening.

Capricorn Dec. 22 - Jan. 20
A friend or spouse might want more freedom in the relationship. Someone close will do something today that surprises you. Expect an unusual request from someone close to you.

Aquarius Jan. 21 - Feb. 19
Your work routine will be interrupted by canceled meetings, power outages, fire drills, computer crashes — something. A co-worker might do something that surprises you.

Pisces
Feb. 20 - March 20
This is a mildly accident-prone day for your kids, so be vigilant. This is also an accident-prone day for sports. Meanwhile, social plans might suddenly change.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7		6			5			1
		2	9		3	6		8
5		7		2		9		
		9		3		4		7
1		5	2		9	7		
8			6			2		4

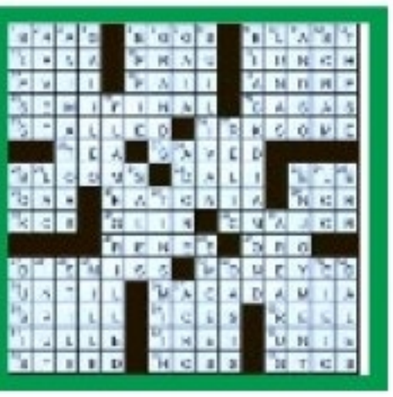
metro
Tell us how you really feel.
Join our online reader panel and help make your Metro even better. metronews.ca/panel

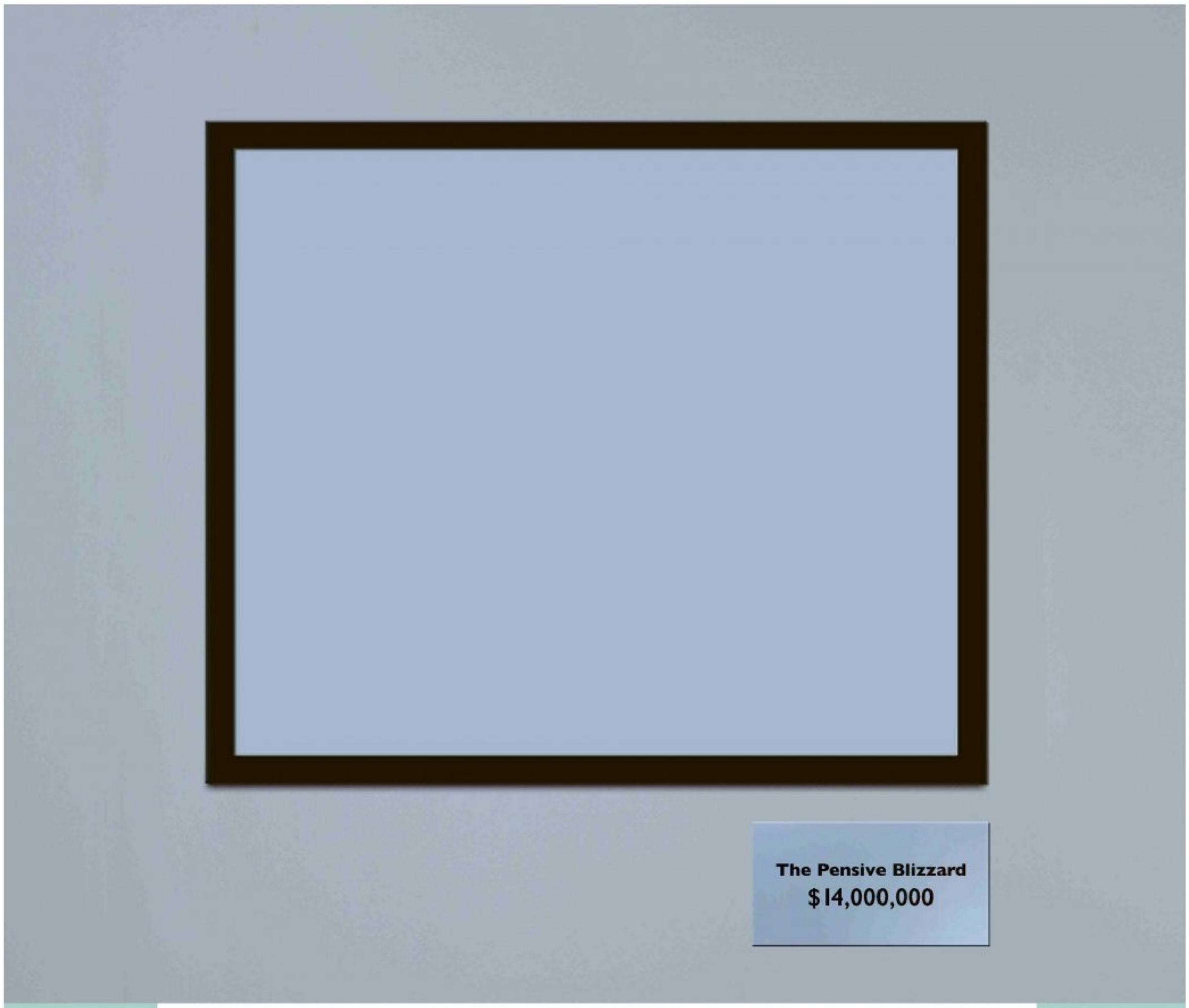
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

6	5	7	9	1	2	8	3	4
9	1	8	7	4	3	5	6	2
3	4	2	8	5	6	7	1	9
5	3	9	6	7	1	2	4	8
8	2	6	4	3	9	1	5	7
1	7	4	2	8	5	3	9	6
4	8	5	1	6	7	9	2	3
2	6	3	5	9	8	4	7	1
7	9	1	3	2	4	6	8	5





Creativity is subjective. **The truth isn't.**

Truth in Advertising Matters.

ASC Advertising Standards Canada
adstandards.com/psa